

Through horses, CTRA brings us together in the spirit of growth, inclusion, and possibility.



Cowichan Therapeutic Riding Association 2018 ANNUAL REPORT

The **Cowichan Therapeutic Riding Association** provides equine-based wellness programs for persons with disabilities. CTRA serves as a community hub of inclusion and a catalyst for human potential, enriching the lives of countless individuals and supporting key social determinants of health in our community.

The association began in 1986 with a handful of volunteers, horses borrowed from the community, and an arena rented one night per week. Today, CTRA's multifaceted 6-days-a-week program welcomes hundreds each year and ranks as a national leader in the field.

ACTIVITY SUMMARY



"K's over[all] sense of being has been elevated. Her sense of belonging here has contributed to her sense of purpose and community"

2018 was an incredible year for CTRA. We welcomed the most participants to date (181) and provided a record-breaking number of lessons (3787)! Our popular inclusive equestrian vaulting program just keeps growing, and the addition of another week of

summer camp to offset the loss of Easter Seal's Camp Shawnigan meant we offered 6 weeks of summer programming!

"G has increased the amount of time that he is willing to spend with and around new acquaintances and friends."

CTRA continues to respond to the growing demand within our community for our services, concentrating on proven programs but with an eye to the ever changing demographics within the program's user population. Approximately 20-25% of CTRA's participants are children diagnosed with Autism Spectrum Disorder, while 60-70% are youth facing mental health and/or social disorders. Both of these demographics are on the rise.

"O [loves] coming each week. I have noticed an increase in confidence and empathy."

LOOKING FORWARD: Much-loved ED Anne Muir wrapped things up for 2018 as we welcomed our new Executive Director Jessie Fraser.

Jessie comes to CTRA with over 20 years of experience in the non-profit sector and a successful history serving at the helm of equestrian and therapeutic riding organizations including Queen Margaret's School, Pacific Riding for Developing Abilities, and North Fraser Therapeutic Riding Association. Jessie is a certified coach under Equestrian Canada, the Canadian Therapeutic Riding Association and the Professional Association of Therapeutic Horsemanship International. CTRA is excited about the next chapter of growth and development under Jessie's expert leadership.

"K is overcoming his fear of heights by riding such an amazing horse (Smokey). K has been recognizing letters, which is so awesome. This is such an incredible experience for K."



Dr Ann Worth
Charitable
Foundation



Giving kids a sporting chance.



Supported by the Province of British Columbia



VICTORIA



FOUNDATION

CONNECTING PEOPLE
WHO CARE WITH CAUSES
THAT MATTER®

REVENUE & SUSTAINABILITY

The Jane James Used Tack Shop exceeded all expectations for 2018! In its new location, and with a boost from an extremely generous inventory donation in 2017, the shop is busier than ever and is becoming a small but steady source of self-generated income for CTRA's programming. Our community is incredibly supportive and we love the way this enterprise keeps tack in motion while it helps out our bottom line.



Combine this success with the continued use of our mobile "Coastal Tack Shack" (thanks in part to Coastal Community Credit Union) and we have a social enterprise component that we are all very proud of. This mini store provides great outreach for CTRA and offers a fun way to shop at shows!

CTRA's Annual Ride-a-Thon Fundraiser in June 2018 raised more than \$18,000. A Burger & Beer Event in early 2018 and a Parking Lot Party in the fall rounded out CTRA's fundraising events with great attendance and lots of fun!

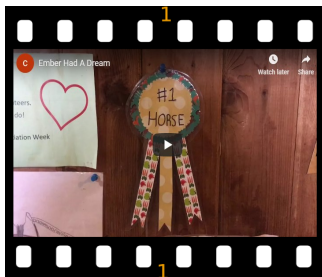


LOOKING FORWARD: The Jane James Used Tack Shop is about to become even more integral to CTRA's programming! 2019 brings a new retail component to our Vocational Program. A new Store Coordinator will facilitate adults with developmental disabilities in their quest for real life, practical vocational skills in the tack shop setting. Also watch for the mobile Coastal Tack Shack at even more equine events and fairs throughout the year, selling used tack and building relationships.

COMMUNITY COLLABORATIONS

CTRA partnered with research teams from the University of Victoria to investigate the therapeutic impact of equestrian vaulting — a new frontier of study in the field of equine assisted therapies. Teams analyzed the physical demands and social components of vaulting, as well as researching the feelings of community connection among CTRA participants and families. The findings of both of these research initiatives will provide a significant contribution to the study of equine-based wellness.

CTRA's collaboration with the Hiiye'yu Lelum (House of Friendship) Society continued in 2018 with another early parenting group integrating Aboriginal early parenting with an equine-therapy component.



Films were also a large part of happenings around the CTRA facility. Not only we have a "viral" video on Facebook ("Ember Had a Dream", filmed by VIU Student Maddie Mahon, about a therapy horse achieving her dream) but we also benefited from the careful lenswork of local youth filmmaker Geoff Arrowsmith. Geoff won "Best Documentary" at the inaugural Cowichan Valley Film Festival for his short film "Just Like Them" about a former CTRA rider with Cerebral Palsy overcoming barriers and realizing his potential during difficult teen years. In these days of social media and online presence, we consider ourselves lucky to have benefited from the talents of both these incredible young film makers.

THE POWER OF VOLUNTEERING

**"The broadest, and maybe the most meaningful definition of volunteering:
Doing more than you have to because you want to,
in a cause you consider good."**

— Ivan Scheier



CTRA is continually grateful for the team of volunteers that come together to support and power our programs. Over 4000 hours of time commitment was given in the ring with horse handlers and side walkers, working in the barn, around the stable, in the Tack Shop, on the road with the Tack Shack, and promoting therapeutic riding at various events. We had 41 new volunteers join the team in 2018 and held 7 orientation workshops, as well as a number of one-on-one training sessions. We have a number of volunteers who have hit milestone achievements such as: working with the same rider for over 5 years, participating in more than 100 lessons, 10+ years of service, and most importantly seeing their riders overcome challenges and discover their abilities!

*CTRA is a community built on caring,
using horsepower to empower people!*

FINANCIALS

CTRA survives and thrives on the support of our community. We value every penny entrusted to us and work hard to ensure financial responsibility at all times.

Expenses	Budget	Actual
Facility	35,875	43,076
Horse Care & Upkeep	148,321	133,909
Programs	149,484	163,205
Administration	82,124	84,386
Fundraising	13,500	14,153
Capital	26,000	27,590
Total Expenses	445,304	466,319
Revenue	Budget	Actual
Grants	208,875	159,158
Service Fees	136,400	138,908
Fundraising Events/Initiatives/Tack Sales	51,000	54,968
Donations	49,029	114,186
Total Revenue	445,304	467,220
Revenue Over Expenses	0	*901

*Forecast does not include year-end adjustments or amortization

In-Kind Contributions

Volunteerism	102,999
Donated Goods/Services	57,184
Facility Subsidy	10,000
Total In-Kind Contributions	170,183

We wish to thank

All who pledged participants and donated in support of our 2018 Ride-a-Thon fundraiser

All who contributed equipment, tack and other in-kind gifts in support of our program

All who donated to, and purchased from, the Jane James Used Tack Shop & Coastal Tack Shack

Our hard-working CTRA staff members who are so dedicated to their jobs

Long time Volunteer and Friend Laura Ferreira

The Vancouver Island Providence
Community Association for decades of
partnership.



The Sisters of St Ann for the legacy of our
community.



SUPPORTERS

From regular monthly donations to project-specific sponsorships that allow us to erect walls, CTRA relies on a generous community of donors and sponsors. Our supporters all believe in the power of equine-based wellness programs and know just how much our participants benefit from what we offer. We cannot thank everyone enough for helping us to be a catalyst for human potential.

Community Partners

Canadian Tire Jumpstart Program
Children's Health Foundation of
Vancouver Island
Dr Ann Worth Charitable Foundation
Province of BC
Sisters of St Ann

Diamond Sponsors

Canada's Dairy Farmers Fuelling
Women Champions
Coast Capital Savings Credit Union
CVRD
Duncan Dabbers Bingo Society
Foxstone Stable
VanTel Safeway Credit Union Legacy
Fund
What's On Digest

Platinum Sponsors

Dr Duta, Dan & Dina
Honda Canada Foundation
Investors Group Financial Services
Ladysmith Health Care Auxiliary
Lions Club of Malahat
Purica
Victoria Foundation

Gold Sponsors

BC Therapeutic Riding Association
City of Duncan
CUPE (Canadian Union of Public
Employees) Local 358
Fraternal Order of Eagles 4400 &
Ladies Auxiliary Chemainus/Crofton
Greygates Foundation
Johns, Southward, Glazier Walton &
Margetts
McLean Foundation
Provincial Employees Community
Services Fund
Royal Canadian Legion 191
The Hamber Foundation

Silver Sponsors

Cal Kaiser Home Team
Cowichan District Riding Club
Duncan Elks Lodge #69
Fraser, Norm
Kinsmen Club of Ladysmith
Lions Club of Cedar
Pink, Alf
Royal Canadian Legion 171

Bronze Sponsors

A & W Restaurants Alexandra
Hamilton Farrier Services
Buckerfields
Champoux, Joann
Clement Real Estate
Cowichan Petroleum Sales Ltd.
Creative Custom Services
David Coulson Design Ltd
Drillwell Enterprises Ltd
Elmworth Construction Ltd.
Just Sew Custom Embroidery
Lake's Marine Supply
Lions Club of Ladysmith
LMG Insurance Services
Pacific Energy
Stone Pacific Contracting Ltd
Woodworks Renos

Gold Donors

Bentzen, Debbie
Blair, Patricia
Brown, Joy
Campbell, Barb
Equine Emporium
Morris and Helen Belkin Foundation
Murray, Catherine
Sicherman, Mark
United Steel Workers Local 1-1937
Wells, Norman

Silver Donors

Buckeridge, Stephanie
Campbell, Candice
Cowichan Community Policing Society
Fidler, Wendy
Gibson, Greg
Giles, Jennifer
Godfrey, Erin
Grayum, Sally
Gutherie, Frances
Howells, Ruth & John
Kaiser, Cal
Killick, Jackie
Klinge, Kara
MacGillivray, Alice
Mills, Kristina
Reynolds, Cindy
Sherwin, Ross
Taylor, Kimberly
Vogelaar, Tabitha
Weismiller, David

Bronze Donors

Anderson, Sandra
Arrowsmith, Erin
Ayers, Cheri
Barclay, Janet
Barnes van Elk, Jennifer
Bell, Linda
Benwell, Owen
Billings, Susan
Bonner, Stephanie
Coulson, David
Cowichan Slinger Tucking Inc
Culver, Sue
Cutler, Anne
Denis, Stephanie
Dryco Systems Inc
Duffield, Richard
Ecole Pauline Johnson Elementary
Grigy, Maria
Grimes, Richard
G's Organic Solutions
Hayes, Marlene
Hemrich, Carol
Hudson, Catherine
Hutton, Jack
Island Domestic Services
James, Elizabeth J.
Johnson, Judy
Marcus, Kerry
Margetts, Cathy
Maurer, Athena
McKinnon, Teresa
Mitchell, Violaine
Morris, Nicolette
Muir, Anne
O'Brien, Sherry
Park, Danielle
Quinn, Calleigh
Reed, Dave & Wendy
Seymour, George
Smith, Marlana
Stackwood, Lisa
Summer, Rachel
The Community Farm Store
Tipping, Percy
Top Shelf Feeds
Unger, Donald & Patricia
Usborne, Joanne & Michael
Van Elk, Kathleen
Vandendungen, Amy
Walczak, Janet
Whiteley, Nigel
Wilkinson, Dave
Wilson, Janice